

The message is as simple as
'ABC':
Babies should sleep...
Alone,
on their **Backs,**
in a **Crib.**

Simple Steps to make your baby's Crib Safe

Step **1.** Place your baby on his or her back to sleep at nap and night time.

Step **2.** Place your baby on a firm tight-fitting mattress in a safety-approved crib. Do NOT place your baby to sleep on an adult bed or other soft mattress, waterbed, sofa, beanbag, pillow, cushion or other soft surface.

Step **3.** Remove all fluffy and loose bedding from the sleep area. Take all pillows, quilts, blankets, stuffed toys, bumper pads, comforters, sheepskins and other soft items out of the crib.

Step **4.** Instead of a blanket, consider using a sleeper, sleep sac or other sleep clothing with no other covering.

Step **5.** Make sure your baby's face and head remain uncovered during sleep.

Step **6.** Bed sharing can be dangerous. The safest place for a baby to sleep is alone on his or her back in a standard crib on a firm mattress. Placing your baby to sleep in a crib or other, separate and safe sleep space next to your bed is safer.

Good to Know

Babies can spend as many as 16 hours a day sleeping. As a parent or caregiver, it is important to be sure your baby's sleep environment is a safe one. These six simple steps will help make your baby's crib a safe place to sleep and help decrease the chances for injury, overheating, suffocation, strangulation, and Sudden Infant Death Syndrome (SIDS).



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